



Linda Kline-Lau

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Zip Code: 22039

Zip Postal: 22039-3316

Language: English

Populations Treated: Couples, Adults

Organization: Dr. Goldberg & Associates

Treatment Options: Telehealth, Phone Consultations

Disorders Treated & Specialty: Anxiety, Attention-Deficit/Hyperactivity Disorder, Bipolar Disorder, Depression, Generalized Anxiety Disorder (GAD), Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Posttraumatic Stress Disorder (PTSD), Social Anxiety Disorder

Treatment Methods: Cognitive Behavioral Therapy (CBT), Compassion-Focused Therapy, Exposure Therapy, Interpersonal Therapy (IPT), Medication Referral, Mindfulness, Other

Payment Options: Accepts Credit Cards, Accepts Some Insurance

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Website: <http://drgoldberg.org>

City: Fairfax Station

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Country: United States

Home Email: lklinela@yahoo.com

Degree: LCPC, MA

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Office Phone: 703 9350058

Telehealth: Maryland, Virginia

Professional focus: Counselor

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ABOUT

I have a passion for working with hurting people and a desire to help them resolve their core issues so that they can become all that they were designed to be. My goal is to help people uncover the true sources of "the chains that bind them" and the pain each person carries so that they can be healed, break free and live an abundant life.

TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)

Compassion-Focused Therapy

Exposure Therapy

Interpersonal Therapy (IPT)

Medication Referral

Mindfulness

Other

POPULATIONS TREATED

Adults

Couples

DISORDERS AND SPECIALITIES

Anxiety
Attention-Deficit/Hyperactivity Disorder
Bipolar Disorder
Depression
Generalized Anxiety Disorder (GAD)
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
Posttraumatic Stress Disorder (PTSD)
Social Anxiety Disorder

PAYMENT OPTIONS

Accepts Credit Cards
Accepts Some Insurance



ABOUT ANXIETY & DEPRESSION ASSOCIATION

The Anxiety and Depression Association of America (ADAA) developed this **Find Your Therapist Directory** for you to connect with licensed mental health professionals.

Know that you are not alone, and help is available.

ADAA is a nonprofit organization dedicated to the prevention, treatment, and cure of anxiety, depression, OCD, PTSD, and co-occurring disorders through the alignment of science, treatment, and education.

For the ADAA mental health professionals, this directory also helps you connect with millions of potential patients.

To join the directory, contact membership@adaa.org.

If you are in crisis call or text 988 for the Suicide & Crisis Lifeline.

HELPFUL LINKS

ADAA Website

<https://adaa.org/>

Mental Health Webinars

<https://adaa.org/resources-news/from-adaa-experts/webinars>

Mental Health Personal Stories

<https://adaa.org/educational-resources/from-our-community/stories-of-triumph>

ADAA Newsletter Sign Up

https://adaa.informz.net/adaa/pages/Triumph_Subscribe_page

Get Involved with ADAA

